## **Little River Glen Senior Center**

4001 Barker Court, Fairfax, VA 22032



Operating Hours Monday - Friday 9 a.m. - 4 p.m.

Business Hours Monday - Friday 8 a.m. - 4 p.m.

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

## July 2016

Program  When  Time  Open Computer Lab  Daily  Pa m. to 4 p.m.  Open Computer Lab  Daily  Pa m. to 4 p.m.  Open Computer Lab  Exercise Equipment  Daily  Dai	July 2010						
Open Computer lab Open Compute							
Exercise Equipment  Kings in the Corner  Daily  10 am.  Group Astivity/Group Discussion  Daily  10 15 a.m.  Group Astivity/Group Discussion  Daily  10 15 a.m.  Group Astivity/Group Discussion  Daily  11 am.  Individual of the Process of Daily  Annie Service Daily  Daily  11 am.  Individual of the Process of Daily  Creative Crafters  Monday  Computer Nelse W/Nick  Monday  Baix Chinese (Mandarin)  Computer Nelse W/Dan  Computer Nelse W/Dan  Tuesday  10 am. to noon  Baix Computer Nelse W/Dan  Computer Nelse W/Dan  Tuesday  10 am. to noon  Baix Computer Nelse W/Dan  Computer Nelse W/Dan  Tuesday  10 am. to noon  Baix Computer Nelse  Baix Chinese (Mandarin)  Monday  10 am. to noon  Baix Computer Nelse  Tuesday  10 am. to noon  Learn Tinglish grammar, words and phrases.  Tuesday  11:30 am.  A Cocial Chinese (Mandarin)  Tuesday  11:30 am.  Tuesday  11:30 am.  Tuesday  11:30 am.  Sing songs in a group. Learn songs for a concert performance.  Mahipong  Tuesday  11:30 am.  Tuesday  11:30 am.  Sing songs in a group, Learn songs for a concert performance.  Mini & Crochet Club  Tuesday  10 am. to noon  Process of Anterior of the Mark Process of particus of the North Process of process of the North Pro	ů			'			
Kings in the Corner Group Activity/Group Discussion Daily Lunch Daily Noon Meals are prepared at a high school and delivered daily. Must preorder one day in advance. Group Activity/Group Discussion Daily 1 p.m. Group Activity/Group Discussion Chair Exercise Daily 1 1 a.m. Instructor led (M,W,F) seated exercises. Video led on (T, Th) Chair Exercise Video Daily 3 p.m. Video led seated exercises. Video led on (T, Th) Chair Exercise Video Daily 3 p.m. Video led seated exercises. Video led on (T, Th) Chair Exercise Video Daily 3 p.m. Video led seated exercises. Video led on (T, Th) Chair Exercise Video Daily 3 p.m. Video led seated exercises. Video led on (T, Th) Video led seated exercises. Computer help w/Nink Basic Chinese (Mandarin) Monday 10 a.m. to noon Basic Computer help Basic Chinese (Mandarin) Tuesday 10 a.m. to noon Sasic computer help Righis Conversation w/Claudia Tuesday 10 to 11 a.m. English Conversation w/Linda Tuesday 11 a.m. to noon Learn English grammar, words and phrases. English Conversation w/Linda Tuesday 11 a.m. to noon Learn English grammar, words and phrases.  Afternoon Tea Tuesday 11 p.m. Join us for tea and discussion.  Rini & Crochet Club Tuesday 12 p.m. Join us for tea and discussion. Computer Network W/Claudia Tuesday 2 p.m. All levels of knitting and crocheting, Learn about different needles or teach someone about different yarns or pattern Current Events w/Claudia Tuesday 2 p.m. All levels of knitting and crocheting, Learn about different needles or teach someone about different skills. Open Art Studio Wednesday 9 a.m. to noon Participants learn from each other craft ideas or projects, and help each other learn different skills. Open Art Studio Wednesday 10 a.m. Practice Choreographed dances to perform at various locations in the county.  Rummikub Wednesday 10 a.m. Practice Choreographed dances to perform at various locations in the county. Tai Chi Practice Club Wednesday 10 a.m. Practice Chybnic patterns of movements and coordinated breathing to help achieve a sense of inner calm. Tue	<u> </u>			, ,			
Group Activity/Group Discussion Lunch Daily Noon Meats are prepared at a high school and delivered daily. Must preorder one day in advance.  Group Activity/Group Discussion Daily 1 p.m. Group discussion or group game.  Chair Exercise Video Daily 3 p.m. Video del on (T, Th) Chair Exercise Video Daily 3 p.m. Video del seated exercises. Video led on (T, Th) Chair Exercise Video Daily 3 p.m. Video del seated exercises. Creative Crafters Monday 10 a.m. to noon Create your favorite craft with any type of materials.  Computer Help w/Nick Monday 10 a.m. to noon Basic Chinese (Mandarin) Monday 2 to 3:30 p.m. Participants can learn and practice basic skills to speak Chinese.  Computer Help w/Dan Tuesday 10 a.m. to noon English Conversation w/Claudia Tuesday 11 useday 12 useday 11 useday 12 useday 13 useday 14 useday 15 useday 15 useday 16 useday 16 useday 17 useday 18 useday 19 useday 19 useday 10 useda							
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Open Art Studio Computer Help w/Cheryl Wednesday 10 a.m. to 2 p.m. Basic computer help Intermediate Tap B Wednesday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Rummikub Wednesday 10 a.m. A social American tile game Spanish Class Wednesday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Spanish Class Wednesday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Tai Chi Practice Club Wednesday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Tai Chi Practice Club Wednesday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Tai Chi Practice Club Wednesday 1 p.m. Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.  Computer Help w/Jeanne Thursday 10 a.m. Basic computer help  Italian Conversation (ACE class) Thursday Noon Italian Conversation is an ACE class.—No Summer class. To resume in September.  Spanish Class Thursday 2:20 p.m. Participants can practice basic skills to play guitar.  Intermediate Tap Class (B) Friday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (A) Friday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (A) Friday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (A) Friday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Freath and the county of the county of the county of the county.  Intermediate Tap Class (B) Friday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (B) Friday 12:50 p.m. Interact socially in a mildly competitive environment.	Knit & Crochet Club	Tuesday	2 p.m.	All levels of knitting and crocheting. Learn about different needles or teach someone about different yarns or patterns.			
Computer Help w/Cheryl Wednesday 10 a.m. to 2 p.m. Basic computer help Intermediate Tap B Wednesday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Rummikub Wednesday 10 a.m. A social American tile game Spanish Class Wednesday 10:15 a.m. Spanish Advanced Intermediate Tap A Wednesday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Tai Chi Practice Club Wednesday 1 p.m. Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.  Tai Chi Practice Club Wednesday 2 p.m. Practice rhythmic patterns of movements and coordinated breathing to help achieve a sense of inner calm.  Computer Help w/leanne Thursday 10 a.m. Basic computer help  Italian Conversation (ACE class) Thursday 12:30 p.m. Spanish for Beginners  Guitar Class Thursday 12:30 p.m. Spanish for Beginners  Guitar Class Thursday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (B) Friday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (A) Friday 10 a.m. Practice choreographed dances to perform at various locations in the county.  Intermediate Tap Class (A) Friday 11 a.m. Practice choreographed dances to perform at various locations in the county.  Free Based Classes  Fee Based Classes	Current Events w/Claudia	Tuesday	2:15 p.m	Come join the current events group to discuss the current things are in the news and share your thoughts			
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Class When Time Description							
	Class	When					
Yoga I Monday 8:50 a.m. Yoga using floor mats.			8:50 a.m.	Yoga using floor mats.			
Zumba w/Millette Monday 10:15 a.m. Easy to follow Zumba concentrating on balance, range of motion and coordination.		<b>'</b>					
Gentle Yoga Monday 10:10 a.m. Yoga in a chair.	,						
Line Dance Monday 1 p.m. Beginner line dancing class.	9	<b>'</b>		30.			
Body Sculpting Tuesday 9 a.m. Increase strength, endurance, balance, and overall health.		,	-				
Jazzercise lite Tuesday 10 a.m. Exercise class using weights, bands and floor mats, coordinated with music.	, , ,						
Zumba Gold w/Millette Wednesday 10:15 a.m. Easy to follow Zumba concentrating on balance, range of motion and coordination.		•					
Yoga I Thursday 8:50 a.m. Yoga using floor mats.		·					
Gentle Yoga Thursday 10:10 a.m. Yoga in a chair.		·		•			
Piano Lessons Thursday 9 a.m. to 1 p.m. Play and listen to music. Learn new concepts. (15 minutes per student)	-			· ·			

Programs					
Program	When	Time	Description		
Jazzercise Lite	Thursday	10 a.m.	Exercise class using weights, bands and floor mats coordinated with music.		
Voice Class	Thursday	1:15 p.m.	Rehearse songs, focusing on specific techniques needed in each song.		
Line Dance	Friday	10 to 11:30 a.m.	Beginner line dancing class.		
Special Events/Trips					
Event/Trip	When	Time	Description		
Walmart/Target, Fair Lakes	Thursday, July 7	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)		
Wegmans, Fairfax	Thursday, July 14	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)		
Walmart/Target, Fair Lakes	Thursday, Jul 21	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)		
Giant, Kings Park	Thursday, July 28	10:30 a.m.	Shopping trip (return pick up at 1:15 p.m.)		
Community Meeting	When	Time	Description		
Celebrate July Birthdays w/Terry Lee Ryan	Wednesday, July 13	1 p.m.	Come dance and celebrate all June birthdays. Enjoy a piece of cake too!		
Show & Tell w/Lougenia Carnell	Monday, July 18	1 p.m.	Come see what is next to be shared. Bring your own story or item to share with the group.		
Great Decsions: The Future of Kurdistan	TBA	TBA	Come watch a film on current event topics and have a discussion.		
Advisory Council Meeting	Tuesday, July 26	11 a.m.	Monthly Advisory Council Meeting, public is welcome to attend and listen.		